meat recipes

'ROUND-THE-WORLD

Recipes from here and there,
Recipes from everywhere,
Some are old and some are new,
Gathered in this book for you.

Compliments of

PIGGLY WIGGLY

Your Friendly Stores

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La Crosse and Richland Center

WHETHER you have the urge to dash off to distant lands for adventure in meat cookery or prefer to search for new and alluring appetite appeal in the meat dish right here at home, "MEAT RECIPES 'ROUND THE WORLD" has much in store for you in the form of exciting recipes that will delight the whole family. Here is a collection of carefully selected and tested meat recipes . . . recipes from many lands but all with a distinct American accent . . . recipes that are practical in every sense of the word . . . that require no extra special preparation, no hard-to-get ingredients . . . recipes that are easy to prepare, easier to enjoy.

THE index contains three entries on each recipe. You can find the meat dish you want by consulting the alphabetical entry. You may want to look over the entries by country to decide where you want to go today. The third entry lists the recipes according to the kind of meat—beef, veal, pork, lamb, variety meats, sausages, etc.

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Easy-to-Prepare Recipes Using Typical U. S. Cuts of Beef, Veal, Pork, Lamb, Sausages, etc.

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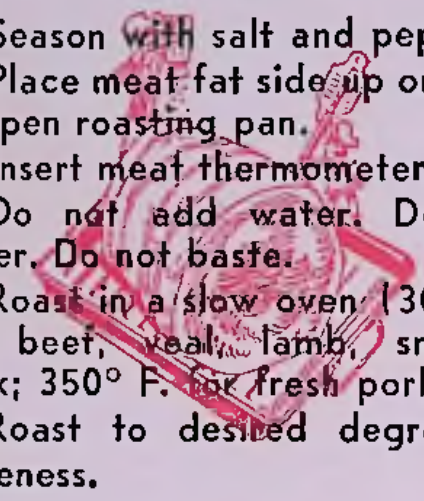
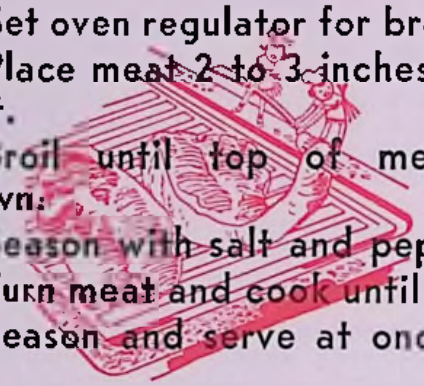
MEAT COOKERY METHODS

TO ROAST



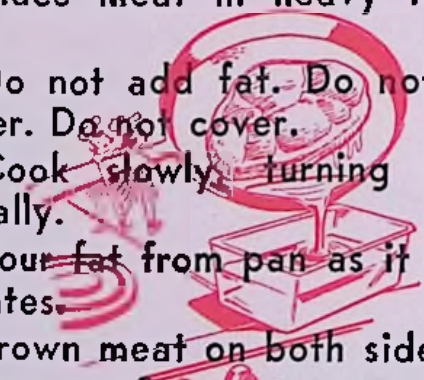
1. Season with salt and pepper.
2. Place meat fat side up on rack in open roasting pan.
3. Insert meat thermometer.
4. Do not add water. Do not cover. Do not baste.
5. Roast in a slow oven (300° F. for beef, veal, lamb, smoked pork; 350° F. for fresh pork).
6. Roast to desired degree of doneness.

TO BROIL



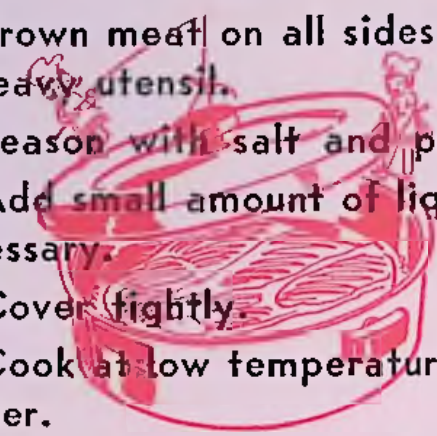
1. Set oven regulator for broiling.
2. Place meat 2 to 3 inches from heat.
3. Broil until top of meat is brown.
4. Season with salt and pepper.
5. Turn meat and cook until done.
6. Season and serve at once.

TO PANBROIL



1. Place meat in heavy frying-pan.
2. Do not add fat. Do not add water. Do not cover.
3. Cook slowly, turning occasionally.
4. Pour fat from pan as it accumulates.
5. Brown meat on both sides.
6. Season. Serve at once.

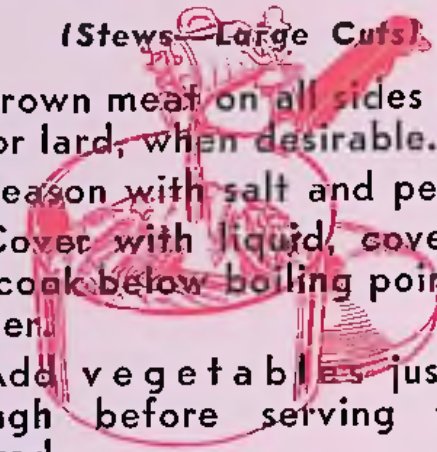
TO BRAISE



1. Brown meat on all sides in fat in heavy utensil.
2. Season with salt and pepper.
3. Add small amount of liquid, if necessary.
4. Cover tightly.
5. Cook at low temperature until tender.

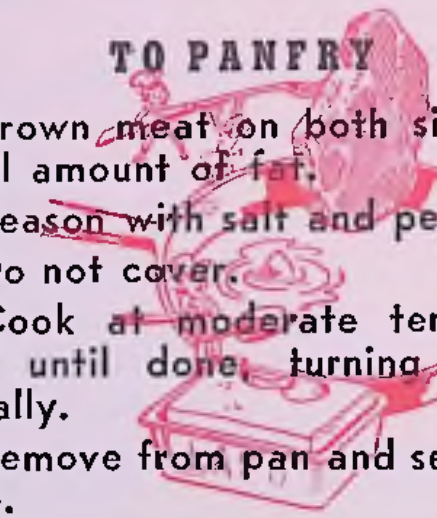
TO COOK IN LIQUID

(Stews—Large Cuts)



1. Brown meat on all sides in own fat or lard, when desirable.
2. Season with salt and pepper.
3. Cover with liquid, cover kettle, cook below boiling point until tender.
4. Add vegetables just long enough before serving to be cooked.

TO PANFRY

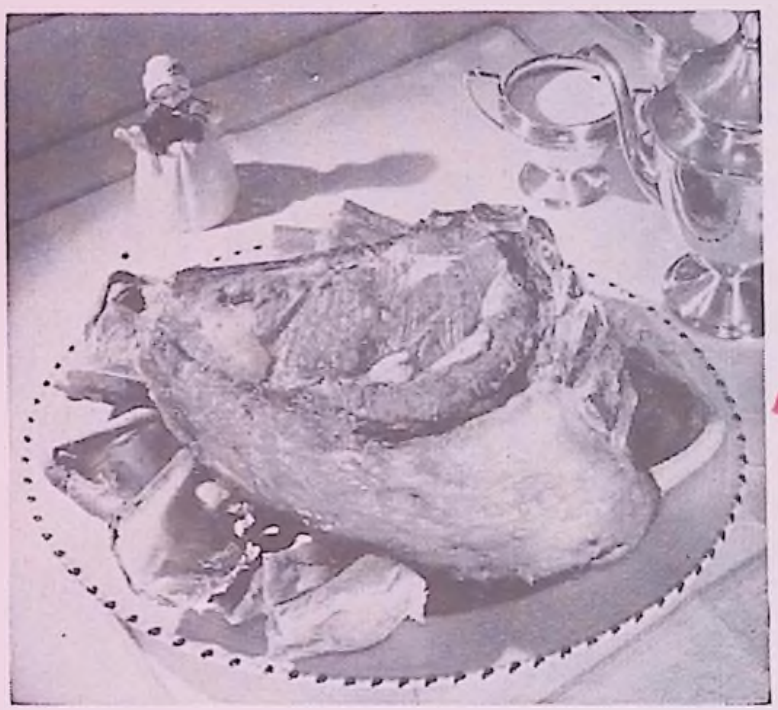


1. Brown meat on both sides in small amount of fat.
2. Season with salt and pepper.
3. Do not cover.
4. Cook at moderate temperature until done, turning occasionally.
5. Remove from pan and serve at once.

Roast Beef—Yorkshire Pudding

2 to 3-rib beef standing rib roast
Salt
Pepper

Have the market man remove the chine bone to make carving easier. Season. Place fat side up on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part, being sure that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in slow oven (300° F.) to the desired degree of doneness. Allow 18 to 20 minutes per pound for cooking a rare roast; 22 to 25 minutes for medium; and 27 to 30 minutes for well-done.



So dear to the heart of an Englishman

Yorkshire Pudding

1 cup sifted enriched flour
1 teaspoon salt
1 cup milk
2 eggs
3 tablespoons beef drippings

Sift together flour and salt. Add milk gradually, stirring to form smooth paste. Beat eggs and add to mixture. Remove roast, pour off drippings from roasting pan and measure back 3 tablespoonfuls. Pour in batter. Bake in a moderately hot oven (400° F.) for 30 to 40 minutes. Cut in squares and serve around roast. 6 to 8 servings.

Italian Pot-Roast

3 to 4-pound beef arm or blade pot-roast
2 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper
3 tablespoons lard or drippings
1 clove garlic
1 green pepper, sliced
1 large onion, sliced
1 No. 303 can tomatoes
¼ teaspoon paprika
¼ teaspoon oregano
2 teaspoons salt

Dredge pot-roast with seasoned flour and brown in lard or drippings. Pour off drippings. Add garlic, green pepper, onion, tomatoes, paprika, oregano and salt. Cover tightly and cook slowly on top of range or in a slow oven (300° F.) for 3 hours or until tender. Thicken cooking liquid for gravy, if desired. 6 to 8 servings.

Stroganoff Steak

1 beef arm steak, cut 1 inch thick
2 tablespoons flour
1 tablespoon paprika
2 teaspoons salt
⅛ teaspoon pepper
2 tablespoons lard or drippings
½ cup chopped onion
¾ cup water
1 cup dairy sour cream

Cut arm steak into serving pieces. Mix together flour, paprika, salt and pepper. Dredge meat with seasoned flour. Brown meat on both sides in lard or drippings. Pour off drippings. Add onion and ¼ cup water. Cover and cook slowly for 1½ hours or until meat is tender. Thicken with flour added to the remaining ½ cup water. Fold in sour cream. 4 to 6 servings.

The Danes Have a Word for It . . . It's

Frikadeller

1 pound ground beef
½ pound ground veal
3 medium potatoes, cooked and mashed
1 medium onion, finely chopped
1½ cups sifted enriched flour
1 egg, beaten
2 to 4 tablespoons milk
2½ teaspoons salt
¼ teaspoon pepper
⅓ cup flour
Lard for deep-fat frying

Combine ground beef and veal, mashed potatoes and chopped onion. Add flour and mix well. Add egg, milk, salt and pepper and stir until well blended. Shape into 32 balls using about 2 tablespoons of mixture for each. Roll balls in flour. Fry in deep hot lard (350° F.) 5 minutes or until browned. Drain. 8 servings.

Chilean Pot-Roast

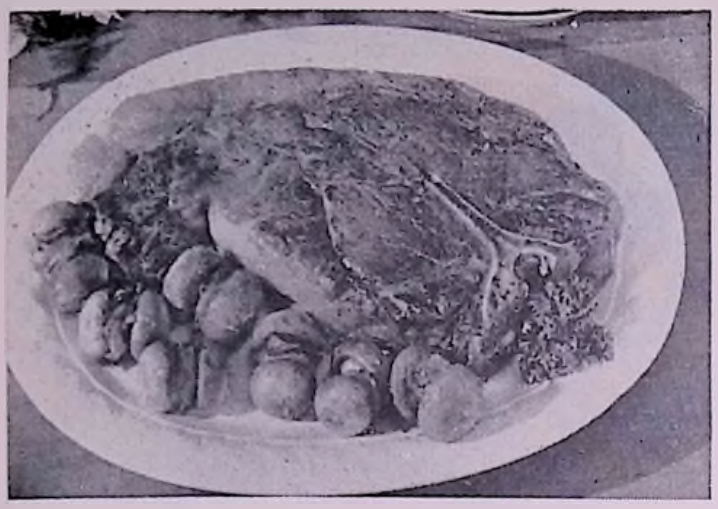
3 to 4-pound beef arm or blade pot-roast
3 tablespoons lard or drippings
2 teaspoons salt
¼ teaspoon pepper
1 teaspoon chili powder
½ cup juice from tomatoes
1 No. 303 can tomatoes, drained
1 No. 303 can kidney beans
4 tablespoons flour
1 cup water

Brown the pot-roast slowly in lard or drippings. Season. Add tomato juice. Cover tightly and simmer on top of range or in a slow oven (300° F.) for 2½ hours or until almost tender. Add additional liquid if necessary. Add tomatoes and kidney beans and simmer for 15 minutes. Remove meat and vegetables. Thicken liquid, allowing 2 tablespoons flour for each cup liquid. 6 to 8 servings.

Chinese Pot-Roast

3 to 4-pound beef arm or blade pot-roast
3 tablespoons lard or drippings
¼ teaspoon pepper
1 tablespoon soy sauce
⅓ cup water
2 quarts shredded cabbage

Brown meat on all sides in lard or drippings. Pour off drippings. Add pepper, soy sauce, and water. Cover tightly and cook slowly about 3 hours or until meat is tender. Add cabbage and steam for 7 minutes. Thicken cooking liquid for gravy, if desired. 6 to 8 servings.



The American Way . . .

Broiled Porterhouse or Sirloin Steak

Beef porterhouse or sirloin steak, cut 1 to 2 inches thick
Salt *Pepper*

Set regulator to broil. Place steak on broiler rack. Insert broiler pan and rack so the top of 1-inch steak is 2 inches from heat and 2-inch steak is 3 inches from heat. When one side is browned, season, turn and finish cooking on second side. Season.

Steaks cut 1 inch thick require 18 to 20 minutes for rare steak and 20 to 25 minutes for medium-done steak. Steaks cut 2 inches thick require 30 to 35 minutes for rare steak and 35 to 45 minutes for medium-done steak. 1 to 2 servings may be obtained from a 1-inch porterhouse steak; 2 to 4 servings from a 2-inch porterhouse steak; 3 to 6 servings from a 1-inch sirloin steak; 6 to 12 servings from a 2-inch sirloin steak.

Sukiyaki

1½ pounds beef cubed steaks
¼ cup lard
1 beef bouillon cube
¼ cup hot water
3 tablespoons sugar
½ cup soy sauce
10 to 12 green onions, cut in 2-inch pieces
1½ cups sliced celery
1 8-ounce can bamboo shoots
3 cups cooked rice

Pound steaks and cut into strips about 2 inches long and ½ inch wide. Brown meat in lard in frying-pan. Dissolve bouillon cube in hot water. Combine bouillon, sugar, and soy sauce. Mix well. Pour mixture over meat. Push meat to one side of frying-pan. Add vegetables, keeping each separate. Cover and cook slowly 15 minutes. Serve at once with rice as an accompaniment. 4 to 6 servings.

Romantic Italy Sends Us . . .

Lasagne

1½ pounds ground beef
¼ cup chopped celery
1 medium onion, chopped
1 clove garlic, minced
2 tablespoons lard or drippings
2 No. 303 cans tomatoes
1 6-ounce can tomato paste
2 teaspoons salt
¼ teaspoon cayenne pepper
½ teaspoon oregano
1 bay leaf
1 8-ounce package lasagne or broad egg noodles
2 cups ricotta or cottage cheese
1 pound mozzarella cheese, sliced
⅓ cup grated parmesan cheese

Cook celery, onion, and garlic in lard or drippings until tender. Add ground beef and brown until crumbly but not hard. Pour off drippings. Add tomatoes, tomato paste, salt, cayenne pepper, oregano, and bay leaf. Cover and cook slowly for 20 minutes. Remove bay leaf. Cook noodles in boiling salted water until tender. Drain. Arrange noodles in a greased 11 x 17-inch baking dish. Pour half of the meat sauce over the noodles and cover with a layer of ricotta and mozzarella cheese. Repeat with remaining noodles, meat sauce and cheese. Sprinkle with parmesan cheese. Bake in a moderate oven (350° F.) for 30 minutes. 8 servings.

Our Own Sunny South Gives Us . . .

Flank Steak, Creole-Style

1 large beef flank steak
½ pound pork sausage
1 cup moist bread crumbs
2 tablespoons chopped parsley
2 tablespoons lard
2 teaspoons salt
½ cup chopped onions
2 bay leaves
1 No. 303 can tomatoes
½ cup chopped green pepper, if desired
1 cup water
3 tablespoons flour

Pound or lightly score flank steak on both sides. Combine sausage, bread crumbs and parsley and mix well. Spread sausage mixture on flank steak and roll as a jelly roll. Tie steak with string and brown in lard. Pour off drippings. Add salt, onions, bay leaves, tomatoes and green pepper. Cover and cook slowly 1½ to 2 hours or until tender. Remove steak and bay leaves, pour off excess fat, add water to cooking liquid and thicken for gravy. 6 servings.

Bali Beef Casserole

1½ pounds ground beef
1½ teaspoons salt
1 teaspoon curry powder
1½ cups cooked rice
½ cup finely chopped onion
1 clove garlic, finely minced
1 No. 303 can tomatoes
2 teaspoons Worcestershire sauce

Cook ground beef until lightly browned. Pour off drippings. Combine beef and other ingredients. Place in a 2-quart casserole, cover and bake in a moderate oven (350° F.) for 30 minutes. 6 to 8 servings.

A Treat from Italy

Surprise Meat Balls

1 pound ground beef
2 eggs
½ cup dry bread crumbs
¼ teaspoon pepper
½ teaspoon onion salt
¼ teaspoon garlic salt
18 small stuffed olives
2 tablespoons lard or drippings
2 teaspoons Worcestershire sauce
1 cup water
2 tablespoons flour
¼ cup water

Combine beef, eggs, bread crumbs, pepper, onion salt and garlic salt. Mix well. Shape about 2 tablespoons of meat mixture around each olive. Brown balls slowly in lard or drippings. Pour off drippings. Add Worcestershire sauce and 1 cup water, cover tightly and simmer 20 minutes. Mix 2 tablespoons of flour with ¼ cup water and add to cooking liquid. Cook, stirring constantly, until thickened. Serve over meat balls. 4 to 6 servings.

Corn Stuffed Beef Birds

(Midwestern Style)

1 beef round steak, cut ½ inch thick
¼ cup flour
1½ teaspoons salt
¼ teaspoon pepper
1 12-ounce can whole kernel corn
¾ cup cracker crumbs
2 tablespoons chopped onion
1 tablespoon chopped green pepper
¼ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon basil
2 tablespoons lard or drippings
¼ cup water

Mix together flour, salt and pepper and pound seasoned flour into steak. Cut steak into 5 or 6 servings. Mix corn, cracker crumbs, onion, green pepper and seasonings together. Place ⅓ cup corn mixture on each piece of steak and roll like a jelly roll. Fasten with wooden picks or skewers. Brown meat slowly in lard or drippings. Add water, cover tightly and cook slowly for 1½ hours or until meat is tender. Thicken cooking liquid for gravy, if desired. 5 to 6 servings.

Hungarian Goulash—Bread Dumplings

1 pound boneless beef for stew
2 medium onions, chopped
2 tablespoons lard or drippings for browning
2 teaspoons paprika
1 teaspoon salt
1 clove garlic, minced
2 cups water
6 medium potatoes, diced
Bread Dumplings

Cook onions in drippings about 5 minutes. Add the meat, paprika, salt, garlic and water. Cover and cook slowly for 1 hour. Add diced potatoes. Cover and cook 30 minutes or until meat is tender and potatoes are done. Add Bread Dumplings. Cover and continue cooking for 12 to 15 minutes. 6 servings.

Bread Dumplings

12 slices bread
Milk
1 medium onion, chopped
3 tablespoons parsley
2 tablespoons lard or bacon drippings
2 eggs, slightly beaten
Dry bread crumbs
Salt and pepper

Dice bread finely and soak in a little milk. Squeeze out excess milk. Brown onion and parsley in the fat, adding the bread. Add eggs. If mixture is too moist, add extra crumbs. Season with salt and pepper and shape into balls. Steam over goulash.

Presenting Two Long-Time

Favorites from the British Isles

Yorkshire Squares

1½ pounds ground beef
1 tablespoon grated onion
1 teaspoon chopped parsley
1 teaspoon finely chopped chives or green onions
1 clove garlic, finely chopped
2 teaspoons salt
¼ teaspoon pepper
⅛ teaspoon cloves

Combine ground beef, grated onion, chopped parsley, chopped chives or green onions, chopped garlic, salt, pepper and cloves; and mix well.

1 cup lard, drippings or melted beef suet
1 cup sifted enriched flour
⅓ teaspoon salt
1 cup milk
2 eggs
¼ teaspoon freshly grated nutmeg
⅛ teaspoon mace
⅛ teaspoon cayenne pepper

Put lard, drippings or melted beef suet in a shallow 8 x 12-inch baking pan. Sift together flour and salt. Moisten with milk to form smooth paste. Add whole eggs, one at a time, beating thoroughly. Add spices and beat mixture 2 to 3 minutes after second egg is added.

Heat the pan with lard or drippings or melted beef suet in a hot oven (400° F.) until hot but *not* smoking, about 5 minutes. When hot pour in half of flour-egg mixture; quickly spread meat mixture over it as evenly as possible. Pour remainder of egg mixture over meat and bake immediately in a hot oven (400° to 425° F.) until pudding has risen and set, about 20 minutes. Reduce temperature to a moderate oven (350° F.) and continue baking for 25 minutes. 6 servings.

Short Ribs - Parsley Dumplings

3 pounds beef short ribs
2 tablespoons lard or drippings
1½ teaspoons salt
⅛ teaspoon pepper
¼ teaspoon thyme
⅓ cup chopped onion
3 cups water

Parsley Dumplings

Brown short ribs on all sides in lard or drippings. Pour off drippings. Season. Add onion and water. Cover tightly and cook slowly for 1½ hours or until meat is tender. Drop Parsley Dumplings by spoonfuls on short ribs. Cover tightly, steam for 12 minutes. Thicken cooking liquid for gravy, if desired. 6 servings.

Parsley Dumplings

2 cups sifted enriched flour
1 tablespoon baking powder
1 teaspoon salt
¼ cup minced parsley
¼ cup lard
1 egg, slightly beaten
¾ cup milk

Sift together flour, baking powder and salt. Add parsley; cut in lard until mixture has fine even crumb. Combine egg and milk. Add to dry ingredients, stirring only until flour disappears.

Meat Ball - Kidney Bean Casserole

(From Old Mexico)

1 pound ground beef
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon dry mustard
2 tablespoons minced onion
2 tablespoons lard or drippings
1 No. 303 can kidney beans
⅓ cup chili sauce
1½ teaspoons horseradish
1 cup cooked apricots, if desired

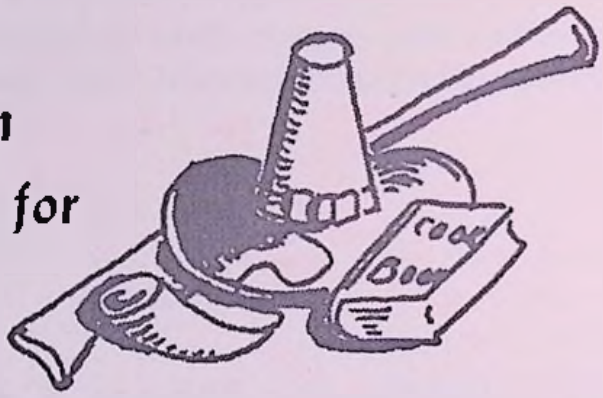
Combine ground beef, salt, pepper, dry mustard and onion. Mix well. Shape into 16 balls. Brown on all sides in lard or drippings. Drain kidney beans saving ¼ cup of the liquid. Combine kidney beans, reserved liquid, chili sauce, horseradish and apricots. Put half of meat balls in bottom of a 1-quart casserole. Add bean mixture and arrange remaining meat balls on top. Cover and bake in a moderate oven (350° F.) for 20 minutes. 4 servings.

Meat Loaf - Spicy Topping

2 pounds ground beef
½ cup chopped onion
¾ cup fresh bread crumbs
1 egg, slightly beaten
1 8-ounce can tomato sauce
2 teaspoons salt
¼ teaspoon pepper
½ teaspoon dry mustard
2 teaspoons Worcestershire sauce
½ cup water
2 tablespoons brown sugar
2 tablespoons vinegar
1 teaspoon Worcestershire sauce
2 teaspoons dry mustard

Combine ground beef, onion, bread crumbs, egg, ½ can of tomato sauce, salt, pepper, ½ teaspoon dry mustard, and Worcestershire sauce. Mix thoroughly. Pack in a 5x9-inch loaf pan. Combine remaining tomato sauce, water, brown sugar, vinegar, Worcestershire sauce and dry mustard. Pour over meat loaf. Bake in a moderate oven (300° F.) for 1½ hours. 6 to 8 servings.

We Thank the Pilgrim Housewife for



these Tasty Ground Meat Recipes

Beef Squares - Potato Topping

1½ pounds ground beef
½ cup catchup or chili sauce
1 cup soft whole wheat bread crumbs
1 tablespoon chopped onion
1 egg, slightly beaten
1½ teaspoons salt
⅛ teaspoon pepper
2 cups hot seasoned mashed potatoes

Combine all ingredients except potatoes and mix thoroughly. Pack in an 8 by 11-inch baking pan. Bake in a moderate oven (350° F.) for 30 minutes. Cut in 6 squares and place ⅓ cup of mashed potatoes on each square. Place under broiler just long enough for potatoes to become lightly browned. 6 servings.

Marjoram Tokany

1 beef arm or round steak, cut ½ inch thick
6 slices bacon
2 large onions, sliced
1 teaspoon salt
¼ teaspoon marjoram
½ cup water
2 cups dairy sour cream
Cooked noodles, if desired

Cut beef into ¾" x 4" strips. Cook bacon until crisp. Remove bacon, pour off drippings. Measure back ¼ cup drippings. Brown onions lightly in drippings. Add beef and cook slowly until lightly browned. Season with salt and marjoram. Add water, cover tightly and cook slowly for 1 hour or until tender. Add bacon. Stir sour cream into meat and onions. Cook until heated through about 5 minutes. Serve hot over noodles, if desired. 4 to 6 servings.

Oxtail Soup—Hungarian Style

3 to 4 pounds oxtails
8 cups water
4 teaspoons salt
½ teaspoon pepper
1 medium onion, sliced
¼ teaspoon marjoram
1 bay leaf
3 medium potatoes, peeled and diced
3 large carrots, scraped and sliced
1 medium rutabaga, peeled and diced
1 No. 303 can tomatoes

Brown meat slowly on all sides. Add water, salt, pepper, onion, marjoram and bay leaf. Cover and simmer over low heat for 2 hours or until meat is tender. Add all vegetables to soup and simmer until tender about 30 minutes. 6 to 8 servings.

Paprika Schnitzel

2 veal round steaks, cut ½ inch thick
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
3 tablespoons lard or drippings
Paprika
3 medium onions, sliced
¼ cup water
½ cup dairy sour cream

Cut each veal steak into 3 servings. Dredge with seasoned flour. Melt lard or drippings and add paprika until red. Add sliced onions and cook slowly until onions are transparent. Add meat and brown on both sides. Pour off drippings. Add water, cover and cook slowly 30 minutes. Add sour cream, cover and continue to cook at a low temperature 15 minutes. Serve gravy over steaks. 6 servings.

Spanish Veal

2 pounds veal steaks, cut ½ inch thick
¼ cup flour
1½ teaspoons salt
¼ teaspoon pepper
3 tablespoons lard or drippings
¼ cup chopped onion
1 No. 303 can tomatoes
1 bay leaf
1 8-ounce package noodles (cooked), if desired

Cut meat into strips about ¾"x4". Dredge veal in flour, salt and pepper. Brown meat slowly in lard or drippings. Add onion, tomatoes, and bay leaf. Cover tightly and cook slowly 1½ hours or until meat is tender. Serve on noodles, if desired. 6 servings.

A Favorite from Dixie . . .

Jambalaya

1½ cups diced cooked veal
1 cup cooked rice
1 cup diced celery
½ green pepper, chopped
1 No. 303 can tomatoes
1 teaspoon salt
1 cup soft bread crumbs, toasted
2 tablespoons melted butter or margarine

Combine veal, rice, celery, green pepper, tomatoes and salt. Mix well. Pour into a 1½-quart casserole. Mix toasted crumbs and butter or margarine. Arrange crumbs around edge of meat mixture. Bake in a moderate oven (375° F.) for 45 minutes. 4 to 6 servings.

From Denmark Comes . . .

Veal and Ham Rolls

2 pounds veal cutlets, cut ¼ inch thick
6 slices "boiled" ham
3 tablespoons lard or drippings
½ teaspoon salt
⅛ teaspoon pepper
1 10½-ounce can condensed cream of mushroom soup
½ cup milk
¼ teaspoon marjoram

Cut veal into 6 pieces. Place a slice of ham on each piece of veal and roll like a jelly roll. Fasten with a wooden pick or tie with string. Brown rolls in lard or drippings. Season. Mix soup and milk together. Pour over rolls; add marjoram. Cover tightly and cook slowly 45 minutes or until veal is tender. Thicken sauce, if necessary and serve with veal rolls. 6 servings.

Viennese Veal

1½ pounds veal round steaks
¼ cup lard
2 tablespoons chopped parsley
2 tablespoons chopped green onions
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon cayenne pepper
1 4-ounce can button mushrooms
⅓ cup liquid from mushrooms
2 tablespoons flour
1 teaspoon lemon juice
2 eggs
½ 12-ounce package fine noodles, cooked

Remove bone and cut veal into strips about ¾ inch wide. Cook parsley and green onions in lard for 5 minutes. Add veal and brown slowly on all sides. Season. Drain mushrooms and save the liquid. Add mushrooms and ⅓ cup liquid. Cover tightly and simmer 45 minutes. Stir flour into mixture. Add lemon juice, mix well. Beat eggs and add to veal. Cook slowly until eggs are set. Serve on fine noodles. 4 servings.

Veal Shoulder Roll—Orange Sauce

3 to 4-pound veal shoulder roll
Salt
Pepper
4 to 6 slices bacon, if desired

Season the roast with salt and pepper. Place on rack in open roasting pan. Insert a meat thermometer so the bulb reaches the center of the roast. Place bacon slices on roast. Do not add water. Do not cover. Roast in slow oven (300° F.) until the meat thermometer registers 170° F. or about 2½ hours. Allow about 40 minutes per pound for roasting. Serve with Orange Sauce.

Orange Sauce

1 tablespoon sugar
2 tablespoons cornstarch
2 cups orange juice
1 tablespoon very thinly sliced orange rind
1 tablespoon lemon juice
1 orange, cut in sections
2 tablespoons drippings from roast

Mix sugar, cornstarch and orange juice. Add orange rind and cook, stirring constantly, until thickened. Add lemon juice, orange sections and drippings and cook until heated through.

Smorgasbord Ham

12 to 14-pound smoked ham *Cream-Gelatine Glaze*

Place ham, fat side up, on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part. Be careful that the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.) until the meat thermometer registers 160° F. Allow 18 to 20 minutes per pound for roasting. Remove rind, chill and glaze.

Cream-Gelatine Glaze

1½ tablespoons gelatine
1¾ cups water
2 bouillon cubes, if desired
¼ teaspoon salt
1 teaspoon sugar
½ cup cream
Green pepper strips
1 small bottle stuffed olives

Have ham chilled. Place fat side up for glazing. Soak gelatine in ¼ cup cold water. Heat remaining water and dissolve bouillon cubes in it. Strain. Add gelatine and stir until dissolved. Add salt and sugar. Cool. Reserve ¾ of mixture and add cream to remaining mixture. Just before cream mixture begins to congeal pour thin layer over surface of ham. Chill until firm. Continue this process keeping cream glaze at cold pouring consistency until it is all used. Keep a pan of hot water and one of ice water convenient in order to control the consistency of the gelatine mixtures. Arrange design of sliced olives and pepper strips on glazed surface and cover with reserved transparent glaze in the same fashion as the white glaze was applied. Chill. Serve as a cold meat.

Pozole

(Pork and Hominy from Old Mexico)

6 pork rib chops, cut ¾ inch thick
1 clove garlic, cut in half
2 medium onions, sliced
1 teaspoon salt
1 bay leaf
1 teaspoon thyme
2 teaspoons chili powder
1 No. 2½ can hominy, drained
¼ cup water

Brown chops in frying-pan. Add garlic and sliced onions and cook until lightly browned. Remove garlic and pour off drippings. Add salt, bay leaf, seasonings, hominy and ¼ cup water. Cover tightly and cook slowly for 45 minutes. Remove bay leaf. Serve hominy and onions surrounded by chops. 6 servings.

Pork Chop - Rhubarb Casserole

(A Tart One from the American Midwest)

6 pork loin or rib chops, cut ¾ to 1 inch thick
1 teaspoon salt
⅛ teaspoon pepper
2 1-pound packages frozen rhubarb, defrosted
2 cups soft bread crumbs, toasted
¼ cup melted butter or margarine
⅓ cup brown sugar, firmly packed
2 tablespoons flour
½ teaspoon cinnamon
4 teaspoons lemon juice

Brown chops in frying-pan. Season with salt and pepper. Drain rhubarb. Mix toasted bread crumbs and butter or margarine. Combine sugar, flour, cinnamon, lemon juice and rhubarb. Place half of crumbs in bottom of a large casserole. Spoon half of rhubarb over crumbs and arrange chops on rhubarb. Place remaining rhubarb on chops. Cover tightly and bake in a moderate oven (350° F.) for 40 minutes. Remove cover and top with remaining crumbs. Bake 10 minutes longer. 6 servings.

Hawaiian Spareribs

2 pounds spareribs, cut in serving pieces
2 eggs
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
3 tablespoons lard or drippings
1 No. 303 can pineapple chunks
3 green peppers
5 tablespoons cornstarch
5 tablespoons soy sauce
½ cup sugar
½ cup vinegar
1 cup pineapple juice

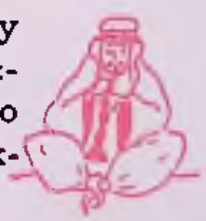
Beat together eggs, flour, salt and pepper. Thoroughly coat spareribs with egg-flour batter. Brown on both sides in lard or drippings. Cover and cook slowly for 45 minutes. Pour off drippings. Drain pineapple and save juice. Remove stems and seeds from green peppers. Cut peppers into 1-inch squares. Cover peppers with boiling water and cook 10 minutes. Drain. Add green peppers and 1 cup pineapple chunks to meat. Cover and simmer 10 minutes. Mix together corn-starch, soy sauce, sugar, vinegar and 1 cup pineapple juice. Cook, stirring constantly until thick and clear, about 2 minutes. Pour over meat mixture and simmer 5 minutes. 4 servings.

Pork Chops - Orange Topping

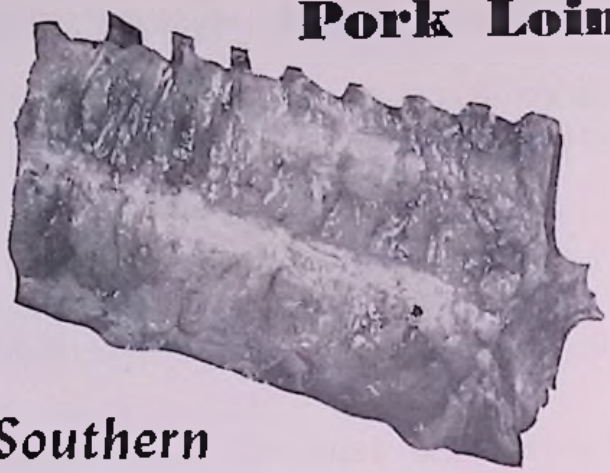
(With a Moroccan Motif)

6 pork rib chops, cut ¾ to 1 inch thick
Salt to season
¼ cup chopped celery
¼ teaspoon oregano
¼ cup orange juice
2 oranges, peeled and cut in sections
2 tablespoons flour
1 cup water

Brown chops in frying-pan. Season with salt. Add celery, oregano and orange juice. Place orange sections on chops, cover tightly and cook slowly 45 minutes. Remove chops and orange sections. Add flour to water. Add mixture to cooking liquid and cook, stirring until thickened. Serve with chops. 6 servings.



Barbecued Pork Loin Roast With True Southern Flavor



4 to 6-pound pork loin roast
2 tablespoons flour
¼ teaspoon ground cloves
1½ teaspoons salt
⅛ teaspoon pepper
2 tablespoons brown sugar
1½ tablespoons prepared mustard
½ cup vinegar
¾ cup water
1½ cups catchup
2 tablespoons Worcestershire sauce
2 tablespoons pork drippings
⅓ cup chopped onion

Have back bone removed from loin. Place fat side up on rack in open roasting pan. Insert meat thermometer so bulb reaches center of thickest part. Roast in a moderate oven (350° F.) for 2 hours and 20 minutes. Pour off drippings: save 2 tablespoons. Mix together remaining ingredients and pour over roast. Continue roasting until roast meat thermometer registers 185° F. or about 1 hour, basting with sauce every 20 minutes. Allow about 35 to 40 minutes per pound for roasting.

Spanish Tenderloin Patties

6 pork tenderloin patties
½ teaspoon salt
1 egg, beaten
¾ cup fine cracker crumbs

3 tablespoons lard or drippings
6 orange slices
6 onion slices
¼ cup water

Add salt to beaten egg. Dip tenderloin patties in egg and then in cracker crumbs. Brown slowly in lard or drippings. Arrange an orange slice and onion slice on each patty. Add water, cover tightly and cook slowly 30 minutes or until well done. 6 servings.

Canadian-Style Bacon

Orange Fritters

Orange Fritters

12 slices Canadian-style bacon, cut ¼-inch thick

Place slices of bacon in frying-pan. Cook slowly, turning occasionally until bacon is lightly browned on both sides. Serve hot with Orange Fritters. 6 to 8 servings.

Orange Fritters

1 cup sifted enriched flour
2 tablespoons sugar
½ teaspoon salt
2 teaspoons baking powder
1 egg, slightly beaten
½ cup milk
4 oranges, peeled and sectioned
⅓ cup confectioners' sugar
⅓ cup flour
Lard for deep-fat frying

Sift together flour, sugar, salt and baking powder. Combine egg and milk and add gradually to dry ingredients. Stir until batter is smooth. Combine confectioners' sugar and ⅓ cup flour and coat orange sections with mixture. Dip in fritter batter. Fry in deep hot lard (360°F.) until brown, 4 to 5 minutes. Drain on absorbent paper. Serve immediately. 28 to 32 small fritters.

Tropical Ham Slice

1 smoked ham slice, cut 1 inch thick
1 teaspoon prepared mustard
¼ cup brown sugar, firmly packed
½ cup drained, unsweetened, cooked dried apricots
1 No. 1 can crushed pineapple
¼ cup liquid in which apricots were cooked
¼ cup pineapple juice

Place ham slice in roasting pan. Spread top and sides with mustard and sprinkle with brown sugar. Force apricots through a coarse sieve. Add pineapple and liquid to apricots and mix thoroughly. Pour over ham slice and bake in a slow oven (300° F.) for 1½ hours. 4 to 6 servings.

Cooked Pork and Rice Chinese Style

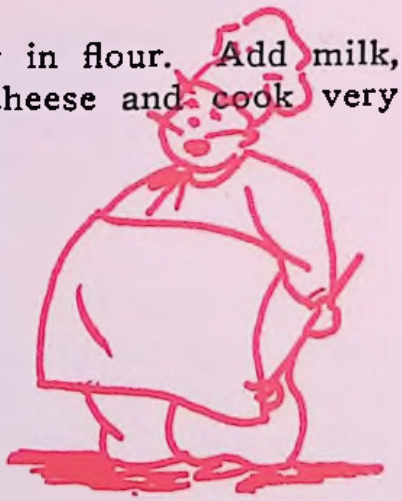
2 cups diced cooked pork
3 cups cooked rice
6 tablespoons lard or pork drippings
1 green pepper, finely diced
5 tablespoons chopped green onions
5 tablespoons soy sauce
1 2-ounce can button mushrooms, if desired
4 eggs, lightly beaten
3 medium tomatoes, peeled and seeds removed

Prepare all vegetables. Cook pork and rice in lard or drippings at a moderate temperature, stirring constantly until heated through, about 5 minutes. Add green pepper and green onions, continue stirring and cook for 10 minutes. Add soy sauce, mix carefully. Drain mushrooms and add with beaten eggs. Cook slowly and continue stirring until eggs are cooked. Cut tomatoes into strips. Fold tomatoes into mixture and cook about 1 minute longer. Serve immediately. 4 to 6 servings.

Ham Casserole

2 cups diced cooked ham
2 medium potatoes, cooked and sliced
1 No. 303 can or 1 pound green beans, cooked
¼ cup butter or margarine
¼ cup flour
2 cups milk
1 cup grated American cheese
¼ cup slivered almonds
2 tablespoons butter or margarine
1½ cups bread crumbs

Melt ¼ cup butter or margarine. Stir in flour. Add milk, stirring constantly until thickened. Add cheese and cook very slowly until melted. Add almonds. Arrange potatoes in a greased 2-quart casserole; cover with green beans. Pour half of cheese sauce over green beans. Add ham and remaining sauce. Mix melted butter or margarine with bread crumbs. Sprinkle crumbs around edge of casserole. Bake in a moderate oven (350°F) for 30 to 35 minutes or until crumbs are lightly browned. 6 to 8 servings.



Ham Tetrazine

2 cups diced cooked ham
6 tablespoons butter or margarine
6 tablespoons flour
2 cups milk
⅛ teaspoon pepper
¼ teaspoon marjoram
½ cup grated sharp cheddar cheese
1 4-ounce can sliced mushrooms
2 tablespoons chopped pimiento
1 pound spaghetti
1 cup buttered bread crumbs

Melt butter or margarine and blend in flour. Gradually add milk, pepper and marjoram and cook, stirring constantly, until thickened. Add cheese and stir until blended. Add mushrooms, pimiento and ham. Cook spaghetti in boiling salted water. Drain. Arrange spaghetti in a greased 2-quart casserole. Pour ham mixture over spaghetti and sprinkle with buttered bread crumbs. Bake in a moderate oven (350° F.) for 20 to 25 minutes. 6 to 8 servings.

Ham and Pineapple Fritters

2 cups ground cooked ham
½ cup crushed pineapple
⅔ cup sifted enriched flour
1½ teaspoons baking powder
1 teaspoon cinnamon
1 teaspoon sugar
⅓ cup milk
1 egg
Lard for deep-fat frying

Drain pineapple. Sift flour with baking powder and cinnamon. Add sugar, milk and egg; mix until smooth. Fold in ham and pineapple. Drop by teaspoonfuls into deep hot lard (350°F.) and fry until golden brown on all sides. Drain. Serve with sirup, if desired. 30 small fritters.

Mexican Luncheon

1 pound pork sausage
1 cup diced onion
1 cup diced green
1 No. 303 can tomatoes
1 teaspoon salt
2 cups dairy sour cream
2 cups uncooked macaroni
2 tablespoons sugar
1 tablespoon chili powder

Brown sausage, onion and green pepper. Pour off drippings. Add tomatoes, sour cream, macaroni and seasonings. Cover and cook slowly 20 minutes. 6 to 8 servings.

Ham En Panier

1½ cups ground cooked ham
6 large hard rolls
3 hard cooked eggs, chopped
1 teaspoon chopped parsley
1½ tablespoons butter or margarine
1 tablespoon flour
¼ teaspoon salt
⅛ teaspoon pepper
1½ cups milk
3 tablespoons prepared mustard
Pimiento, if desired

Cut a slice from the top of each roll. Scoop out the center of rolls. Combine cooked ham, hard cooked eggs and parsley. Melt butter or margarine. Stir in flour, salt and pepper. Add milk, stirring constantly until thickened. Add mustard. Add ham and egg mixture to mustard sauce. Fill buns with creamed mixture. Heat rolls in a moderate oven (350° F.) for 10 minutes. Garnish with chopped pimiento, if desired. 6 servings.

Pizza

½ cup milk, scalded
¼ cup lard
1 package dry or 1 cake compressed yeast
1½ cups sifted enriched flour
½ teaspoon salt

Add lard to scalded milk and cool to lukewarm. Add crumbled yeast and let soften about 10 minutes. Add flour and salt and mix thoroughly. Knead dough for about 5 minutes. Place on a greased cooky sheet. Cover with a tea towel and let stand in a warm place until double in size. Punch down and pat to ¼-inch thickness. Arrange topping on dough and bake in a moderately hot oven (400° F.) for 15 to 20 minutes. 4 servings.

Pizza Topping

1 pound pork sausage
¼ teaspoon sweet basil
¼ teaspoon oregano
¼ teaspoon salt
1 6-ounce can tomato paste
1 3-ounce can sliced mushrooms
1½ cups grated American cheese
½ cup grated Parmesan cheese

Brown sausage and pour off drippings. Add seasonings. Spread dough with half of tomato paste, cover with sausage and mushrooms. Sprinkle with American cheese, spread with remaining tomato paste and sprinkle with Parmesan cheese.

Sausage and Asparagus Au Gratin

1 pound pork sausage links
1 tablespoon water
3 tablespoons butter or margarine
3 tablespoons flour
1½ cups milk
½ teaspoon salt
⅛ teaspoon pepper
¾ cup grated sharp cheddar cheese
1 10-ounce package frozen asparagus spears
6 slices toast

Place sausage links and water in cold frying-pan. Cover and cook slowly 5 minutes. Remove cover and brown links. Melt butter or margarine. Stir in flour and gradually add milk, stirring constantly until mixture thickens. Add salt, pepper and grated cheese. Stir until cheese melts. Cook frozen asparagus spears in boiling water until tender. Arrange sausage links and asparagus spears on toast. Serve cheese sauce over sausage and asparagus. 6 servings.

Sausage Supper

(Peruvian Style)

1 pound pork sausage
2 tablespoons water
4 medium potatoes, peeled and sliced
1 small onion, peeled and sliced
1½ teaspoons salt
1 12-ounce can whole kernel corn
1 No. 303 can tomatoes

Shape the sausage into 4 patties. Place patties in frying-pan, add water, cover and cook slowly 5 minutes. Remove patties. Arrange half of the sliced potatoes in a 2-quart casserole, add sliced onions and remaining potatoes. Sprinkle 1 teaspoon salt on potatoes and onions. Add corn and tomatoes and remaining ½ teaspoon salt. Place sausage patties on vegetables. Cover and bake in a moderate oven (350° F.) for 1 hour. Remove cover and continue baking for 15 minutes. 4 servings.

Sausage Casserole - Dakota

1 pound pork sausage links
¾ cup uncooked rice
½ cup chopped green pepper
½ cup chopped onion
1 No. 303 can tomatoes
1 4-ounce can sliced mushrooms, if desired
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon basil

Brown sausage links in frying-pan. Remove sausage and add rice. Cook in drippings for 5 minutes or until rice is lightly browned. Add green pepper and onion and cook until tender. Pour off drippings. Add tomatoes, mushrooms, salt, pepper and basil to rice mixture. Pour into a 2-quart casserole and arrange sausage links on top of rice. Bake in a moderate oven (350° F.) for 45 minutes. Remove cover and continue baking for 10 minutes. 4 to 6 servings.

Jellied Swedish Meat Loaf

¾ pound liver sausage
1 envelope gelatin
¼ cup cold water
1½ cups tomato juice
2 teaspoons sugar
2 tablespoons lemon juice
⅛ teaspoon ground cloves
½ teaspoon salt
⅛ teaspoon pepper
½ cup mayonnaise
½ teaspoon dry mustard
¾ cup finely chopped celery
¼ cup chopped green pepper
¼ cup chopped stuffed olives
¼ cup chopped onion
1 head lettuce, shredded
Paprika

Rub liver sausage through a sieve. Soften gelatin in cold water. Heat ½ cup tomato juice just below boiling. Dissolve gelatin in tomato juice. Combine gelatin with remaining tomato juice, sugar, lemon juice, ground cloves, salt and pepper. Cool until mixture begins to thicken. Combine liver sausage and remaining ingredients with gelatin-tomato mixture. Turn into a 9-inch ring mold which has been rinsed with cold water. Chill until firm. Unmold on a chilled platter over a bed of shredded lettuce which has been sprinkled with paprika. 8 to 10 servings.

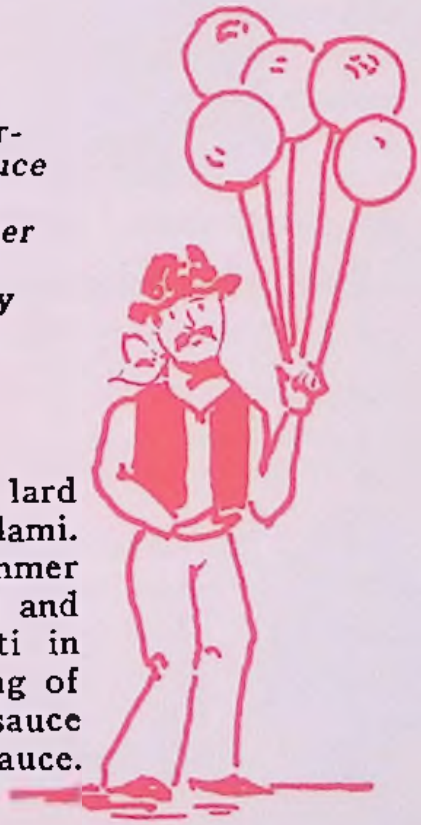
Vienna Sausage - Cabbage Casserole

2 4-ounce cans Vienna-style sausage
¼ cup butter or margarine
¼ cup flour
2 cups milk
1 teaspoon salt
⅛ teaspoon pepper
¼ cup chopped green pepper
¾ cup grated American cheese
2 quarts shredded cabbage

Cut 1 can of sausages into ½-inch pieces. Melt butter or margarine. Stir in flour. Add milk and cook over low heat, stirring constantly, until mixture thickens. Add salt, pepper, green pepper and grated cheese. Place half of cabbage in bottom of greased 2-quart baking dish. Add cut sausage and pour over half of cheese sauce. Add remaining cabbage and arrange the other can of sausage on top. Cover with remaining cheese sauce. Bake in a moderate oven (350° F.) for 30 minutes. 6 servings.

Quick Italian Spaghetti with Salami

½ pound Salami (cut half into 8 very thin slices and grind or chop other half)
2 tablespoons lard or drippings
1 cup chopped onions
1 cup sliced fresh mushrooms
1 tablespoon flour
1½ cups tomato juice
1 cup water
1½ teaspoons Worcestershire sauce
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons minced parsley
¼ green pepper, chopped
6 to 8 ounces spaghetti



Brown onions and mushrooms lightly in lard or drippings. Blend in flour, add chopped Salami. Add tomato juice, water and seasonings. Simmer 25 minutes. Add parsley and green pepper and simmer five minutes more. Cook spaghetti in boiling, salted water. To serve, make a ring of cooked spaghetti on chop plate and pour sauce in center. Arrange sliced Salami around sauce. 6 to 8 servings.

Leg of Lamb Francais

5 to 6-pound leg of lamb
Salt and pepper
1 8-ounce bottle French dressing

Do not have the fell removed from the leg of lamb. Season. Place skin side down on rack in open roasting pan. Insert meat thermometer so the bulb reaches the center of the thickest part of the leg, being sure the bulb does not rest in fat or on bone. Do not add water. Do not cover. Roast in a slow oven (300° F.), basting every half hour with French dressing, until done. The meat thermometer will register 175° F. for medium done; 180° F. for well-done lamb. Allow 2½ to 3½ hours for roasting.

An Australian Version . . .

Lamb Shoulder Chops - Herb Gravy

6 lamb shoulder chops, cut ¾ to 1-inch thick
¼ cup flour
1½ teaspoons salt
⅛ teaspoon pepper
3 tablespoons lard or drippings
⅛ teaspoon sage
¼ teaspoon thyme
½ cup tomato juice

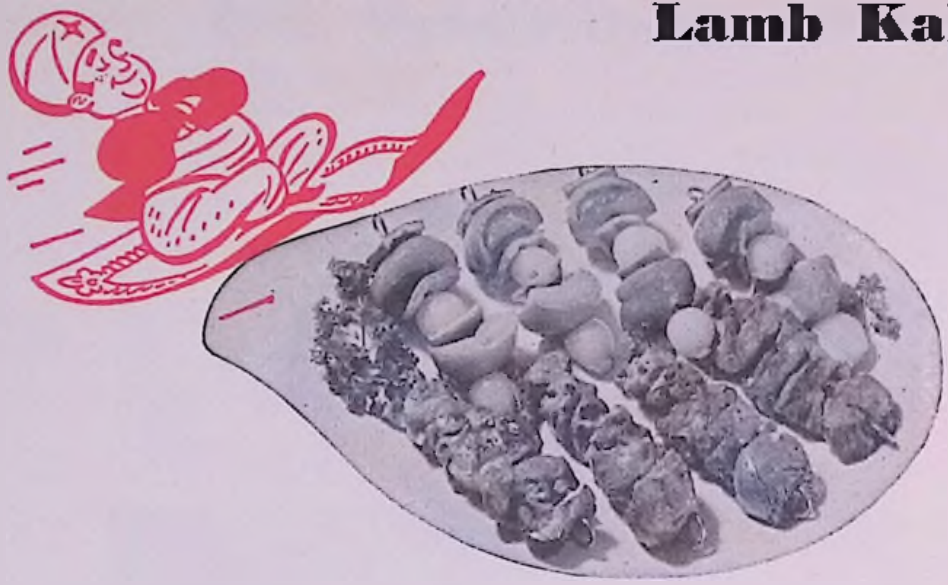
Dredge chops with seasoned flour. Brown meat on both sides in lard or drippings. Pour off drippings. Add sage, thyme and tomato juice; cover tightly and cook slowly about 1 hour or until meat is tender. Thicken cooking liquid for gravy, if desired. 6 servings.

Lamb Curry

1½ pounds boneless lamb stew, cut in 1 inch pieces
1 cup water
½ cup diced onion
1½ cups sliced tart apples
1½ tablespoons curry powder
⅛ teaspoon cinnamon
⅛ teaspoon ground cloves
⅛ teaspoon nutmeg
⅛ teaspoon allspice
¼ cup lard or drippings
6 tablespoons enriched flour
1 to 2 cups milk
2 teaspoons salt
Few grains red pepper
3 cups cooked rice

Add water to lamb, cover tightly and cook slowly on top of range or in a slow oven (300° F.) until meat is almost done, about 1 hour. Add onion, apples and spices and continue cooking until meat is tender and vegetables are done, about 20 minutes. Drain meat and vegetables. Add enough milk to cooking liquid to make 3 cups. Make a white sauce of lard or drippings, flour, cooking liquid and milk. Add white sauce to lamb mixture. Cook slowly until heated through. Serve on hot rice. 6 servings. Shredded coconut, chopped peanuts, chutney or raisins may be served as accompaniments.

Lamb Kabobs



2 pounds boneless lamb shoulder, cut in 1½ inch cubes
½ cup salad oil
2 tablespoons vinegar
2 tablespoons lemon juice
1 teaspoon dry mustard
⅛ teaspoon thyme
½ teaspoon salt
⅛ teaspoon pepper
½ cup chopped onion
4 tomatoes
2 medium green peppers
1 can small whole onions

Blend salad oil, vinegar, lemon juice, seasonings and chopped onion in bowl. Add lamb cubes, let stand several hours, or over night, in the refrigerator. Drain. Thread cubes of lamb on 8 skewers. Cut tomatoes in quarters, cut green peppers in 1-inch squares. Thread tomato wedges, green pepper squares and whole onions on 8 remaining skewers. Brush with marinating mixture. Place lamb kabobs on rack in broiler pan. Broil 3 inches from heat for 12 minutes. Turn. Place vegetable kabobs on broiler rack. Broil additional 10 to 12 minutes or until meat and vegetables are done. 6 servings.

Curried Lamb Salad - Singapore

2 cups diced cooked lamb
½ teaspoon salt
½ cup diced celery
1 hard-cooked egg, chopped
8 ripe olives, sliced
1 tablespoon chopped pimiento
1 teaspoon curry powder
¼ cup mayonnaise
4 lettuce cups

Combine lamb, salt, celery, egg, olives and pimiento. Chill. Add curry powder and mayonnaise, mix lightly. Serve in lettuce cups. 4 servings.

Lamb Patties—Currant-Orange Sauce

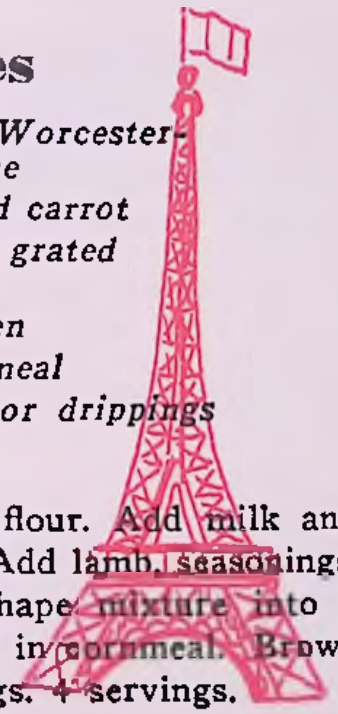
1½ pounds ground lamb
1 cup soft bread crumbs
¼ cup milk
1 teaspoon salt
¼ teaspoon marjoram
1 egg, well beaten
½ cup red currant jelly
½ teaspoon grated orange rind

Combine lamb, bread crumbs, milk, salt, marjoram and egg. Shape into 6 patties about ¾-inch thick. Place patties on broiler rack. Insert broiler pan allowing 2 inches between heat and surface of meat. Broil patties on one side until brown, 8 to 10 minutes. Turn and brown on second side. Heat jelly slowly until melted. Add orange rind. Serve over lamb patties. 6 servings.

Broiled Lamb Chops

6 lamb rib, loin or shoulder chops, cut 1 to 2 inches thick
Salt
Pepper

Set regulator to broil. Place chops on broiler rack. Insert broiler pan and rack so the top of 1-inch chops is 2 inches from the heat and 2-inch chops is 3 inches from the heat. When one side is browned, season, turn and finish cooking on the second side. Season. Chops cut 1 inch thick require 10 to 12 minutes. Chops cut 2 inches require 20 to 22 minutes. 6 servings.



Lamb Croquettes

2 cups ground cooked lamb
¼ cup butter or margarine
¼ cup flour
1 cup milk
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon marjoram
½ teaspoon Worcestershire sauce
½ cup grated carrot
2 teaspoons grated onion
1 egg, beaten
⅓ cup cornmeal
¼ cup lard or drippings

Melt butter or margarine and blend in flour. Add milk and cook, stirring constantly, until sauce is thick. Add lamb, seasonings, grated carrot and onion. Mix well. Chill. Shape mixture into 8 oblong croquettes. Dip in beaten egg and roll in cornmeal. Brown slowly on all sides in melted lard or drippings. 4 servings.

Lamb Stew With Dill

2 pounds boneless lamb for stew
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
3 tablespoons lard or drippings
½ teaspoon dill seed
2 cups water
4 medium potatoes, cut in fourths
4 carrots, sliced ½ inch thick
12 small onions
1 pound green beans, broken in half
Water
Flour for gravy

Dredge lamb with seasoned flour. Brown slowly in lard or drippings. Pour off drippings. Add dill seed and water. Cover tightly and cook slowly 30 minutes. Add potatoes, carrots and onions and cook 30 minutes longer. Add green beans, cover tightly and continue cooking for 20 minutes or until meat is tender and vegetables are done. Remove meat and vegetables to a hot serving platter. Add enough water to make 2 cups liquid. Thicken the liquid with 3 tablespoonfuls of flour, for gravy. 4 to 6 servings.

Smörgåsbordet Lamb Mold är nu dukat

2 cups cooked lamb, cut in ¼ inch cubes
2 tablespoons gelatin
½ cup cold water
1½ cups tomato juice
½ teaspoon salt
⅛ teaspoon marjoram
2 tablespoons lemon juice
2 teaspoons prepared mustard
2 teaspoons grated onion
½ cup chopped celery
2 tablespoons chopped pimiento
½ cup mayonnaise

Soften gelatin in ½ cup cold water. Heat tomato juice, salt and marjoram to boiling point and pour over gelatin. Stir until dissolved. Add lemon juice and prepared mustard. Mix well. Combine lamb, onion, celery, pimiento and mayonnaise. When gelatin begins to thicken, fold in meat mixture. Rinse a 1½-quart ring mold with cold water. Spoon mixture into mold and chill until firm. 6 servings.

AUSTRALIA

Kidney Rolls

1 pound lamb, pork or beef kidney
Water
Bread dressing
½ pound sliced bacon
Wooden picks

Remove membrane from kidneys. Split lamb or pork kidneys in half or cut beef kidney in one and one-half inch cubes. Remove the hard white portion in center. Cover with water and cook slowly until tender. The lamb and pork kidneys will require about 35 minutes and the beef kidney about 1 hour. Drain. Cover kidney with one-fourth inch coating of Bread Dressing and wrap with a slice of bacon. Fasten each with a wooden pick. Bake in a moderate oven (350° F.) for thirty minutes or until bacon is crisp. 4 servings.

Bread Dressing

3 cups fresh bread crumbs
¼ cup grated onion
2 tablespoons chopped parsley
1 egg
1½ teaspoons salt
¼ teaspoon pepper
Stock or water

Combine bread crumbs, onion, parsley, beaten egg, seasonings, and enough stock or water to make a dressing which will hold together.

Sweetbreads En Brochette

1½ pounds sweetbreads
Water to cover
1 tablespoon vinegar
1 teaspoon salt
8 slices bacon
16 large mushrooms

Cover sweetbreads with water to which vinegar and salt have been added. Cover and simmer 20 minutes. Drain and remove membrane. Break into 24 pieces. Using wooden skewers approximately 4½ inches long, thread bacon, sweetbreads and mushrooms on each as follows: insert skewer in end of bacon slice, then through a piece of sweetbread, through bacon, through center of mushroom until each skewer contains 1 slice bacon, 3 sweetbread pieces and 2 large mushrooms. Continue until all skewers are threaded. Cook slowly in frying-pan until lightly browned on all sides. 6 to 8 servings.

Liver Spoon Cakes

1 pound sliced liver
1 teaspoon salt
⅛ teaspoon pepper
2 eggs, beaten
¼ cup lard or drippings

Add just enough drippings (about 1 tablespoonful) to frying-pan to prevent liver from sticking. Cook sliced liver until lightly browned on each side, about 5 minutes. (Do not cook until done.) Grind liver, add salt, pepper and beaten eggs. Mix well. Drop mixture by tablespoonfuls into hot drippings and brown well on both sides. 4 servings.

Spiced Tongue Slices

1 beef tongue
2 tablespoons salt
Water to cover
1 stalk celery, cut into 1 inch pieces
12 whole cloves
2 bay leaves
12 whole peppers
2 cups sugar
2 cups vinegar
2 cups water
6 small onions, thinly sliced

Wash tongue. Cover tongue with salted water. Add the celery and spices. Cook slowly until tender, allowing about 1 hour per pound. Remove skin and slice about ¼ inch thick. Cook sugar, vinegar and 2 cups water 10 minutes. Pour over tongue. Add onions. Store in refrigerator and use as desired. 8 servings.

Liver Bacon Patties

1½ pounds beef liver, sliced ½ inch thick
2 tablespoons lard
¼ cup minced onion
1½ cups cooked rice
2 eggs, beaten
1¾ teaspoons salt
¼ teaspoon pepper
¼ teaspoon thyme
¼ teaspoon marjoram
8 slices bacon
2 tablespoons lard or drippings

Cook liver in lard until very lightly browned on each side (about 5 minutes). Grind liver. Combine ground liver, onion, rice, eggs and seasonings. Mix well. Shape into 8 patties and wrap a slice of bacon around each. Brown patties on both sides in lard or drippings. Allow 10 to 15 minutes for cooking. 6 to 8 servings.

Time-Table for Roasting

ROAST	Weight	Oven Temperature Constant	Interior Temperature When Removed From Oven	Approximate Time Per Pound
BEEF	*Pounds*	*Degrees F.*	*Degrees F.*	*Minutes*
Standing ribs	6-8	300	140	18-20
			160	22-25
			170	27-30
Standing rib (1 rib)	2	300	140	33
			160	45
			170	50
Rolled rib	5-7	300	140	32
			160	38
			170	48
Standing rump (high quality)	5-7	300	150-170	25--30
Rolled rump (high quality)	4-6	300	150-170	25--30
PORK—FRESH				
Loin—Center	3-5	350	185	35-40
Half	5-7		185	40-45
Ends	2-3		185	45-50
Picnic shoulder	4-6	350	185	30-35
Boned and rolled	3-5	350	185	40-45
Cushion-style	3-5	350	185	35-40
Boston butt	4-6	350	185	45-50
Fresh ham, whole	10-12	350	185	30-35
PORK—SMOKED				
Ham*—Whole	10-14	300	160	18-20
Half	5-7	300	160	22-25
Butt	3-4	300	160	40-45
Shoulder butt	2-4	300	170	35
Picnic shoulder	5-7	300	170	35
LAMB				
Leg	5-8	300	175-180	30-35
Shoulder (bone in)	4-6	300	175-180	30-35
Rolled	3-5	300	175-180	40-45
Cushion-style	3-5	300	175-180	30-35
VEAL				
Leg	5-8	300	170	25-35
Loin	4-6	300	170	30-35
Rib (rack)	3-5	300	170	30-35
Shoulder (bone in)	5-8	300	170	25-35
Rolled	4-6	300	170	40-45

* Hams now on market which require shorter cooking period due to method of processing

Time-Table for Broiling*

CUT	Weight	Approximate Total Cooking Time	
		Rare	Medium
BEEF	*Pounds*	*Minutes*	*Minutes*
Chuck steak—1 inch	2⅓	24	30
1½ inches	4	40	45
Rib steak—1 inch	1½	15	20
1½ inches	2	25	30
2 inches	2¼	35	45
Club steak—1 inch	1	15	20
1½ inches	1¼	25	30
2 inches	1½	35	45
Sirloin steak—1 inch	3	20	25
1½ inches	4¼	30	35
2 inches	5¾	40	45
Porterhouse steak—1 inch	2	20	25
1½ inches	2½	30	35
2 inches	3	40	45
Ground beef patties 1 inch thick by 3 inches	4 ounces	15	25
LAMB			
Shoulder chops—1 inch	3 ounces	Lamb chops are not served rare	12
1½ inches	6 ounces		18
2 inches	10 ounces		22
Rib Chops—1 inch	2 ounces		12
1½ inches	4 ounces		18
2 inches	5 ounces		22
Loin chops—1 inch	3 ounces		12
1½ inches	5 ounces		18
2 inches	6 ounces		22
Ground lamb patties 1 inch by 3 inches	4 ounces		18
PORK			
Ham slice—tendered ½ inch	¾-1	Ham always cooked well done	10-12
1 inch	1½-2		16-20
Canadian-style bacon ¼ inch slices			6-8
½ inch slices			8-10
Bacon			4-5

* This time-table is based on broiling at a moderate temperature (350°F.). Rare steaks are broiled to an internal temperature of 140°F.; medium to 160°F. Lamb chops are broiled to 170°F. Ham is cooked well done. The time for broiling bacon is influenced by personal preference as to crispness.

Time-Table for Braising

CUT	Average Weight or Thickness	Approximate Total Cooking Time
BEEF		
Pot-Roast	3-5 pounds	3-4 hours
Swiss steak	1½-2½ inches	2-3 hours
Fricassee	2 inch cubes	1½-2½ hours
Beef birds	½ inch (x 2 in. x 4 in.)	1½-2½ hours
Short ribs	Pieces (2 in. x 2 in. x 4 in.)	1½-2½ hours
Round steak	¾ inch	45-60 minutes
Stuffed steak	½-¾ inch	1½ hours
PORK		
Chops	¾-1½ inches	45-60 minutes
Spareribs	2-3 pounds	1½ hours
Tenderloin		
Whole	¾-1 pound	45-60 minutes
Fillets	½ inch	30 minutes
Shoulder steak	¾ inch	45-60 minutes
LAMB		
Breast—stuffed	2-3 pounds	1½-2 hours
Breast—rolled	1½-2 pounds	1½-2 hours
Neck slices	¾ inch	1 hour
Shanks	½ pound each	1-1½ hours
Shoulder chops	1 inch	45-60 minutes
VEAL		
Breast—stuffed	3-4 pounds	1½-2½ hours
Breast—rolled	2-3 pounds	1½-2½ hours
Birds	½ inch (x 2 in. x 4 in.)	45-60 minutes
Chops	½-¾ inch	45-60 minutes
Steak or cutlets	½-¾ inch	45-60 minutes
Shoulder chops	½-¾ inch	45-60 minutes
Shoulder cubes	1-2 inches	45-60 minutes

Time-Table for Cooking in Liquid

CUT	Average Weight	Approximate Time Per Pound	Approximate Total Cooking Time
	Pounds	*Minutes*	*Hours*
Smoked ham (old style and country cured)			
Large	12-14	20	
Small	10-12	25	
Half	6-8	30	
Smoked ham (tendered)			
Shank or butt half	5-8	20-25	
Smoked picnic shoulder	4-8	45	
Fresh or corned beef	4-6	40-50	
Beef for stew			2½-3½
Veal for stew			2-3
Lamb for stew			1½-2

Glossary of
Terms Used in Recipes

AU GRATIN — With a browned covering or crust of bread crumbs, often mixed with butter or cheese.

BOUILLON — A meat stock or broth usually prepared with beef.

BRAISE — To brown meat in a small amount of fat, then to cook slowly in a covered utensil in a small amount of liquid. The liquid may be juices from meat, or added water, milk, cream or meat stock.

BROCHETTE — A small spit or skewer used for roasting or broiling meats. (**en brochette** — on a skewer.)

CHUTNEY — A highly seasoned relish of Oriental origin which contains fruits and vegetables.

CONSOMME — A clarified, strong broth of meat and vegetables.

CREOLE—A well-seasoned tomato sauce containing green pepper.

CROUTONS — Cubes of bread toasted or fried and served over various dishes and in soups.

CURRY—An East-Indian dish similar to a stew and seasoned with curry powder.

CURRY POWDER — A blend of several spices.

DICE—To cut in very small cubes of uniform size and shape.

DREDGE — To sprinkle or coat with flour or other fine substance.

EN PANIER — In a basket, such as basket shaped food; e.g., hollowed roll.

GLAZE—To coat with gelatin mixture or glossy covering such as thin sugar sirup, corn sirup, sugar and fat mixture, egg white, etc.

JAMBALAYA—Meat served with a Creole sauce.

JULIENNE—To cut food into thin matchlike strips.

KEBAB OR KABOB—A Near East term meaning skewered.

MARINATE—To let food stand for a period of time in a liquid, usually a mixture of oil and vinegar.

MARINADE — An acid mixture usually seasoned, and with or without oil in which meat (uncooked or cooked) is allowed to stand to give flavor.

PILAF also PILAV — Rice or rice cooked with other foods such as meat or vegetables or both.

POT-ROAST — A chunky piece of meat cooked by braising.

SOY SAUCE—A salty brown sauce made by fermenting soy beans.

SCORE — To cut narrow gashes along the surface.

SIMMER—To cook slowly in liquid just below the boiling point. Bubbles form slowly and break below the surface.

STOCK—Liquid in which meat and sometimes vegetables have been cooked, used for making soups, gravies, and sauces.